

OVER 50 YEARS OF EXPERTISE

Nature Made



# Multi For Her

INCLUDING IRON & CALCIUM

23 key nutrients for daily nutritional support

Supports a healthy immune system, bone health and cellular energy production†

Dietary Supplement

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**SUGGESTED USE:** Adults, take 1 tablet daily with water and a meal.

Store tightly closed, in a cool, dry place, out of reach of children. Do not use if imprinted seal under cap is broken or missing.

**CAUTION:** If you are taking medication or have blood clotting issues, consult your physician before use.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Vitamin A 750 mcg (as Retinyl Acetate and 60% as Beta Carotene)	83%
Vitamin C (as Ascorbic Acid) 180 mg	200%
Vitamin D <sub>3</sub> (as Cholecalciferol) 25 mcg (1000 IU)	125%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 22.5 mg	150%
Vitamin K (as Phytonadione) 80 mcg	67%
Thiamin (as Thiamine Mononitrate) 1.5 mg	125%
Riboflavin 1.7 mg	131%
Niacin (as Niacinamide) 20 mg	125%
Vitamin B <sub>6</sub> (as Pyridoxine Hydrochloride) 2 mg	118%
Folate 1000 mcg DFE (600 mcg Folic Acid)	250%
Vitamin B <sub>12</sub> (as Cyanocobalamin) 6 mcg	250%

Amount Per Tablet	% Daily Value
Biotin 30 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) 10 mg	200%
Calcium (as Calcium Carbonate) 250 mg	19%
Iron (as Ferrous Fumarate) 18 mg	100%
Iodine (as Potassium Iodide) 150 mcg	100%
Magnesium (as Magnesium Oxide) 100 mg	24%
Zinc (as Zinc Oxide) 15 mg	136%
Selenium (as Sodium Selenate) 70 mcg	127%
Copper (as Cupric Sulfate) 2 mg	222%
Manganese (as Manganese Sulfate) 4 mg	174%
Chromium (as Chromium Chloride) 120 mcg	343%
Molybdenum (as Sodium Molybdate) 75 mcg	167%

- ✓ No Color Added
- ✓ No Artificial Flavors
- ✓ Gluten Free

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**OTHER INGREDIENTS:** Cellulose Gel, Modified Food Starch, Maltodextrin, Croscarmellose Sodium, Hypromellose, Magnesium Stearate, Silicon Dioxide, Gelatin, Polyethylene Glycol.

**DISTRIBUTED BY:**  
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Lot:  
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